

Mature Princeton

The monthly newsletter of
PSRC
Princeton Senior Resource Center

PSRC STUDENT ART SHOW

Opening on Friday, April 25th
4-6 pm, Suzanne Patterson Bldg.

This exhibit will feature a wide variety of artwork consisting of colorful acrylics, oils, watercolors, and pencil drawings. The artists all attend classes at the center.

Refreshments will be served at the opening reception, and artists will be on hand to discuss their work. A percentage of sales will benefit the Princeton Senior Resource Center. The exhibit may be viewed Mon-Fri, from 9:00am - 5:00pm, pending class schedules, through May 30, 2014.



Carla Olson painting in Thursday class

National Healthcare Decisions Day is April 16th. Celebrate by coming to the Five Wishes discussion on April 1st. Details on p.3.

A special offer from McCarter Theatre:



\$30 TICKETS* TO THE FIGARO PLAYS!

Lush, lively and a little bit naughty, The FIGARO PLAYS are chock full of hilarious misunderstandings, sumptuous period costumes and plenty of fireworks!

SPECIAL OFFER* on the following dates:

Sunday, April 20 – 2pm, The Barber of Seville, American Sign Language & Discussion

Saturday, April 26 – 2pm, The Barber of Seville

Sunday, April 27 – 2pm, The Marriage of Figaro

Saturday, May 3 – 2pm, The Barber of Seville, Open Captioned

Contact the McCarter Ticket Office and mention Promo code: PSRC for your ticket to laugh out loud comedy!

609-258-2787, or www.mccarter.org

91 University Place, Princeton.

**APRIL
2014**

DAYTIME DRUMMING IS BACK!

Mon. Apr. 28
10:30am

Suzanne Patterson Bldg.

Group drumming is good fun AND good for you. It boosts your immune system, reduces stress and is just plain fun. Give it a try! No experience necessary.

Drums provided or BYO.

Led by Mauri Tyler,
HealthRhythms Endorsed
Facilitator.

RSVP to 609-924-7108.

\$5/person.



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Some of you know that I am a fan of TED talks. The success of our TED discussion group indicates that I am not alone. We have also brought TED to the Let's Talk conversation groups and several of us enjoy them as a break in the evening. If you are not familiar with them, visit TED.com and search for a speaker or topic of interest. Each segment is 12-20 minutes long.

This week Susan Friedman forwarded a lecture by Daniel Kahneman on the riddle of experience vs memory. Dr. Kahneman is a psychologist who was awarded a Nobel Prize in Economics. In this lecture he differentiates between the **Experiencing Self** which lives in the present moment, every moment, as we go through life. If asked by a doctor "how much does it hurt now?" the experiencing self can respond. But it is the **Remembering Self** that stops occasionally to evaluate the self or an episode. The remembering self may answer the question "did it hurt" in the same way whether the event was 10 minutes or 30 minutes long. The remembering self creates a story that is attached to that event.

Experiencing is continuous, but not retained. In fact, the remembering self doesn't always know what the experiencing self went through. For example, if listening to a great piece of music that ends with an screech, the memory is often not of the great 20 minutes but of the last unpleasant moment. He also says that the future is anticipated memories.

It is memories (our stories) that shape our sense of self. Dr Kahneman concludes that there is a significant difference in describing happiness depending on whether you are measuring happiness in life (experience) or happiness with life (memory, satisfaction when you think about life).

Director's Message: April 2014

Memory & Forgetting

Our culture places great importance on memories and the stories we tell. But was that what we truly experienced? It made me think about how often we are perplexed when we share our memory of an event, but others who were present say it didn't happen that way at all. Each of us is shaping the event with our own story.

The lecture made me wonder how much influence we have over the story we create, whether it is simply associated with the last moments or whether we can purposefully make it a positively or negatively associated memory. Is this how optimists and pessimists are wired?

Many of us have had the experience of memories changing over time. The fish gets longer with each telling. Aspects we've heard from someone else can become a part of our narrative (think about suggestibility in witness testimony). Some events get merged together into a single story. I think this is one reason that people feel a growing urgency to record their memories. Another is the fear that their story will be lost forever.

Dr Kahneman points out that another place where this distinction is important is for people with dementia. They continue to have experiences, but cannot create new memories. We have the ability to create either good or bad experiences for them.

I hope this message has stimulated thoughts for you, perhaps encouraging you to explore TED talks, write down your memories, or create a positive experience for a friend with memory loss.

Susan W. Hoskins LCSW

The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.

APRIL PROGRAM HIGHLIGHTS

FIVE WISHES -Tues., Apr. 1, 1:00pm at SPB.

Would you like to explore issues relating to end of life decision making, quality of life and the other things we avoid discussing at dinner parties with family and friends? The **FIVE WISHES** document covers

- The person I want to make care decisions for me
- The kind of medical treatment I want or don't want
- How comfortable I want to be
- How I want people to treat me
- What I want my loved ones to know.

Join Susan Hoskins for a discussion of these topics and a chance to fill out your own Five Wishes document. You do not have to have attended last month's discussion to participate in this one. RSVP 924-7108. No fee.

MOVIE & MUNCHIES - Fri. Apr. 4, 2:00pm at SPB. Note later start time due to tax season.

"Red 2" Retired C.I.A. agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device. Stars Bruce Willis, John Malkovich, Helen Mirren, Mary Louise Parker and Anthony Hopkins. RSVP to 609-924-7108. No fee.

TAX HELP - Just 2 Fridays left ! AARP tax volunteers are offering free assistance with tax returns to people of low and moderate income. Assistance is available **by appointment** on Fridays 9:00am-1:00pm at the Suzanne Patterson Building. Call (609) 924-7108 for appointment.

AARP Tax Aides will also be available at the Princeton Public Library on Mondays and Nassau Presbyterian Church on Saturdays.

LUNCH & LEARN - Fri., Apr. 11, 12:00pm at SPB. **"When to Call 911."** When an emergency strikes, you can find yourself unsure of what to do, but knowing the basics of when to call 911 can keep you focused on the task at hand.

Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join us for this interactive, educational lecture and learn when to call 911.

- What constitutes an emergency
- What you need to tell the emergency dispatcher when you call
- What to do if you cannot talk
- What you can do while waiting for help to arrive.

This program will be led by Barbara Vaning, MHA, EMT Instructor. Co-sponsored by Princeton HealthCare System. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com.

This month's topics:

April 1 - "Does money make you mean?"
by Paul Piff

April 8 - "Paper beats plastic? How to rethink environmental folklore" by Leyla Acaroglu

April 15 - "The birth of Wikipedia"
by Jimmy Wales

April 22 - "Life's third act"
by Jane Fonda

April 29 - "Teach every child about food"
by Jamie Oliver

NEXT STEP PROGRAMS

Next Step is a PSRC program focused on planning your retirement and encore career.

Men in Retirement – Fri. Apr. 4, 2:00pm at Monument Hall. Come and meet other men who are making or have made the transition into retirement. Facilitated by Rob Hagsbie and Bruce Wallman. No fee. Just drop in.

April 7: Finding the right volunteer opportunity for you - Mon. Apr. 7, 7:00pm at Princeton Public Library. Learn how to connect to volunteer opportunities that will help expand your horizons, create new relationships and further personal and professional goals while making a difference in the community. Presenter: Carol King. No charge. Just drop in.

Speaker - Tues., Apr. 8, 7:00pm at Princeton Public Library. **Living With Purpose: New Ways of Living.** How do "boomers" find new ways of living when, as the poet James Richardson tells us "nothing important in life comes with

directions" yet we continue the old categories and clichés about living in retirement! How can we build on a lifetime of experience to living a life of purpose and meaning. Lillian Israel, performer and Debra Lambo, psychotherapist will introduce new ways of thinking that encourage new ways of living. No charge. Just drop in.

Happiness Group -

The Happiness Project Group continues on Mondays April 7, 14, 21, 28 at 1:00pm in SPB. They are reading and discussing Gretchen Rubin's book **The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun.**

Subjects include vitality, marriage, work, parenthood, leisure, friendships, money, eternity, mindfulness, passion. Join the group for fun discussions, and maybe you can increase your own happiness. Group Leader is Helen Burton. No charge. Register at 924-7108.

LOOKING AHEAD

MOVIE & MUNCHIES - Fri. May. 2, 1:00pm at SPB. **"Last Vegas"** Semi-retired baby boomers Billy, Paddy, Archie and Sam have been best friends since childhood. So when Billy, the group's sworn bachelor, finally proposes to his much younger girlfriend, the four head to Las Vegas, determined to stop acting their age and relive their glory days. When they get there, they realize that the decades have transformed Sin City. However, even though Cirque du Soleil may now rule the Strip, it's these four who are taking over Vegas. Stars Robert DeNiro, Michael Douglas, Morgan Freeman and Kevin Kline.

LUNCH & LEARN - Fri., May 9, 12:00pm at SPB. **"Neuro Science"** from Capitol Health.

LUNCH & LEARN - Fri., May 16, 12:00pm at SPB. **"Total Hearing Care"** followed by complimentary hearing screenings.

GRANDPARENTING GROUP FORMING -

This group will start in May, dates to be determined. The leader will be Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to PSRC. Call 609-924-7108 to be put on the group list.

SHREDDING DAY - will be scheduled in May. We hope to have a truck to shred personal papers. Stay tuned for details.

Have you registered for a **My Social Security** account?

(The following information was supplied by David Vinokurov, District Manager for Trenton Social Security Administration.)

My Social Security is a free, online service provided by the Social Security Administration through which people who currently receive a monthly Social Security and/or Supplemental Security Income (SSI) benefit may obtain proof of income, update their Address and Direct Deposit without having to visit their local Social Security office or call our national toll-free number.

mySocial Security also is the site where people age 18 and older who have a work history may check their annual Social Security earnings. (Previously, we mailed an annual Social Security earnings statement to workers age 25 and older. Due to budget constraints, we stopped those mailings, but now the information is available online through **mySocial Security**.)

If you have paid into Social Security, please visit www.socialsecurity.gov/myaccount to register today. To create your **my Social Security** account, you must provide some personal information about yourself and answer questions that only you are likely to know. That way, we

can ensure that only authorized people are setting up a **mySocial Security** account. Next, you create a unique username and password that you will use to access your online account. The process protects you and keeps your personal Social Security information private.

my Social Security is an important service offering that affects workers of every age.

- For those not quite ready for retirement, **My Social Security** empowers workers to take control of their financial future by accessing their annual Social Security Statement and our Online Retirement Estimator to do some basic financial planning.
- For those preparing for retirement, workers age 62+ may apply online for retirement benefits and sign up for traditional Medicare.
- For those already retired, they now may access their benefit information online and change their address and direct deposit, all without calling or visiting a Social Security office. (This is especially important for people who have low income because they're able to print their own Social Security and/or Supplemental Security Income Award Letters which means no more waiting for the mail!)

COMPUTER CLASSES

CLASSES: Intro to iPad - Wed. Apr. 23, 10:00am - 12 pm. Fee: \$10
More About iPad - Wed., Apr. 30, 10:00am - 12 pm. Fee: \$10

To register: stop by the Suzanne Patterson Building or call 609-924-7108.
 All classes are held in the computer lab at Suzanne Patterson Building.
 Please come 10 minutes early to pay.

FREE LABS: Tuesdays, 1:00 - 4:00pm
 Fridays, 10:00am - 12:00pm

No sign up required. Just drop in to have your questions answered and to get help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Can help with Macs as well as pc's.



ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail -in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$45 per 8 week session for Princeton residents and \$60 per session for non-residents.** Assistance is available for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Monument Hall (MH), Harriet Bryan House (HB)

EXERCISE & FITNESS

At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00
30 minutes of cardio & toning
\$55/month, or \$5 daily drop-in rate
- ◇ Aerobics - M,W,F 9:15
\$47/season for Princeton residents
\$93 for non-residents.
Register through Princeton Rec Dept:
609-921-9480.
- ◇ High-Low-Go: Tues and Thur 8:45
45 minutes of low-impact aerobics
\$65/8 weeks for residents
\$90 for non-residents
- ◇ Yoga: Thur 10:00
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Table Tennis: Mon, Wed, Fri at 10:30
Drop-in. No charge.

At Spruce Circle

- ◇ Chair Exercise: Mon, Fri at 11:30am,
\$25/8 week session (\$30 non-residents)

At Harriet Bryan House

- ◇ Chair Yoga: Tues 11:00am
\$45/8 weeks for Princeton residents,
\$60/non-residents.

GAMES

At Suzanne Patterson Building

- ◇ Social Bridge: Tues 1 - 4 pm
Drop-in. No charge.
- ◇ Mah Jongg: Tues 1- 4pm
Drop-in. No charge. BYO card & set.
- ◇ Scrabble: Tues 1-4pm. No charge.



For the following bridge events please register with Bill Miller (908) 872 -7927 or billsbridge@gmail.com.

- ◇ Duplicate Bridge - Thur 12:30pm
- ◇ Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm

CLASSES

At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Brunch for the Brain: Tues & Thurs 10:00.
\$50/10 weeks for residents, \$70/non-resid.
- ◇ Computer classes: See page 8.
- ◇ Computer Lab: Tues 1-4pm, Fri 10am-12.
Drop-in for help & practice. No charge.
- ◇ Cosmology: Thurs. 9:45am. No charge.
Peer-led science discussion group.
Contact Bruce Wallman for info.
Brucewallman@gmail.com
- ◇ Drawing with Pencil: Mon. 10:30am
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Drumming: Mon. 4/28, 10:30am. \$5/person.
- ◇ Memoir Writing: Wed. 4:30pm
No charge. Group is full. Call to be added to waiting list.
- ◇ WordPlay (poetry group): Mon 1:30-3:30pm
\$20/year for copying costs.

At Spruce Circle

- ◇ Knit Wits: Fri 1:00pm Drop-in for knitting & conversation. Free.

BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 10am-12pm at Mt. Pisgah
1 - 2pm at Spruce Circle

Third Tues: 9 - 10am at Redding Circle
1-2pm at Harriet Bryan House

Fourth Wed: 1-3pm at Elm Court

SUPPORT & GUIDANCE

**For the following Support Services
call (609) 252-2362**

- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Care Coordination
- ◇ Community Resource Guide
- ◇ Consultations
- ◇ Food Stamps (SNAP)
- ◇ Housing alternatives
- ◇ Information & Referral
- ◇ PIC Princeton
- ◇ SHIP (for help with health insurance)
- ◇ Support & Wellness Groups
- ◇ Transitions – support with the inevitable transitions throughout the life span
- ◇ Volunteer visitors

PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

Call for more information: 609-924-7108 or 609-252-2362.



Artwork by Ji Fang Cao, student in PSRC Drawing class.

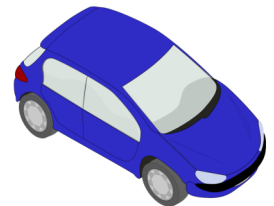
GROUPS

- ◇ Caregivers: Mon. Apr. 14, 1:30pm at SPB
- ◇ Children of Aging Parents: Wed. Apr. 9, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Apr. 3 & 17, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Apr. 7, 1:00pm at SPB
Call Ann Schoonover 497-4900 to attend.
- ◇ Let's Talk: Weds. 10:30am at RC
Weds. 2:45pm at SC
- ◇ Let's Talk English: Mon., 1:00pm at SC
Fridays, 9:30am at RC
- ◇ Men in Retirement: Fri. Apr. 4, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Apr. 10, 2:00pm at RWJ Hamilton Wellness.
609-584-5900.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-924-7108 to sign up for the first time and 609-452-5144 to schedule a ride. \$3 each way, free to UCMPP (the hospital).



DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70 minute loop around town 9:30-4:30 on Monday through Saturday. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

Local transportation routes can be found at www.princetonnj.gov under transportation, or Www.gmtma.org/pg-bus-mercer.php.

NEW: the AARP Fraud Watch Network.

www.aarp.org/fraudwatchnetwork.



The AARP Fraud Watch Network connects you to the latest information about ID theft and fraud so you can safeguard your personal information and your pocketbook. The Network provides resources developed based on hundreds of undercover fraud tapes and hours of interviews with victims and con artists.

It offers tips to help spot and avoid identity theft and fraud, and is a resource for helping people who've been victimized get their lives back.

Anyone interested in learning how to protect themselves from fraud and identity theft can access the Fraud Watch Network information and resources for free.

You can also sign up to receive Watchdog Alerts about scams and local events in your area.

You'll get the inside scoop on the tactics and strategies con artists use to identify and swindle their victims out of their hard-earned money.

By becoming part of the AARP Fraud Watch Network, you can pass this knowledge along to family and friends who might need it. To learn more about the Fraud Watch Network, go to aarp.org/fraudwatchnetwork.

If you or someone you know has been a victim of identity theft or fraud, you can contact the AARP Foundation Fraud Fighter Center at 877-908-3360 for help.

Make Health Last - What will your last ten years look like?

Need motivation to change those unhealthy habits? Go to youtube.com and search for **Last Ten Years**. This compelling one minute video by the Heart and Stroke Foundation of Canada shows the real-life ramifications of not choosing healthy habits. Watch it and then assess *your* risk at their website

<https://makehealthlast.ca/>

We have our own challenge here at PSRC. Do you think you can keep up with this 91 year old, Chow Soon Ju, in an exercise class?

Join us on Mondays at 11:30am or Fridays at 12:00pm at our Spruce Circle Office. Laraine Alison leads chair exercise, with chances, as Chow Soon is demonstrating, to move beyond the chair.



Princeton Senior Resource Center

You can find this photo and many other fun articles and photos on our facebook page. Search for us as Princeton Senior Resource Center.

Development News

Spring Appeal

We have many donors who prefer to make their contributions to PSRC in the Spring. Your very important unrestricted gift makes it possible for us to offer innovative programs—like our popular TED Talks or to provide guidance and counseling for those facing difficult transitions.

Your support insures that we have the staffing and capacity to serve this wonderful community of adults 55+ while keeping tuition and fees modest and affordable for all.

Watch for your spring appeal letter and donate as generously as you can or go online at www.princetonsenior.org and click on the "Donate" button.

P.S. We now have a new opportunity available to you. You will be able to spread your donation throughout the year by making a monthly commitment to PSRC. For example, just \$10 per month will grow to \$120 in support for PSRC over the year! You'll find instructions on the return envelope enclosed with the Spring Appeal or go online and check the "Donate" button.

Volunteer Opportunities

Brunch at Home will be held in just a few days, Sunday, March 30. If you would like to volunteer to help assemble or deliver baskets, **please call right away**. It's just a few hours in the early morning.

PSRC's 40th Anniversary. Yes! PSRC turns 40 this year! And we're going to celebrate it in great style in September. We would welcome your help by serving on one of our committees that are beginning to make plans. Let us know which committee you would like to serve on:

Silent Auction
Publicity
Program
Outreach
Sponsorships,
PSRC Journal

We'll be happy to answer any questions you may have. Call Sharon or Barbara at 924-7108

Bequests

If you have included PSRC in your estate planning, please let us know so that we can enroll you in the Jocelyn and Carl Helm Legacy Society. We would like to have the opportunity to thank you personally and to acknowledge your generosity.

If you would like to include PSRC in your will, it's very easy and can provide tax benefits to your heirs in addition to the lasting legacy you give to PSRC. We can help.

Call Sharon Naeole at 924-7108

McCaffrey's Receipts and More

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, cell phones and small electronics, and by making Comcast payments at Spruce Circle. We also accept durable medical equipment for Goodwill.

We are also participating in One Princeton. If you designate PSRC as your charity we will receive the contributions.

Just stop in to find out more about these additional ways to support PSRC— a non-profit organization.



Thank you for supporting our Brunch at Home fundraiser!

ALSO OF INTEREST

Local Non-Profit & Public Services

These are other services and non-profit groups in the area that specifically provide services to older adults.

AMERICAN RED CROSS OF CENTRAL NEW JERSEY "MEALS-ON-WHEELS" program provides hot meals & sandwiches daily, to elderly & disabled in Princeton, Hightstown, East Windsor, West Windsor, Kingston, Rocky Hill & Plainsboro areas. To enroll or volunteer call (609) 951-2121. Kosher meals are available through Jewish Family & Children's Services 987-8100.

ARTS COUNCIL of PRINCETON - offers classes & events for seniors & caregivers. 609-924-8777. www.artscouncilofprinceton.org

ASK A LAWYER - Free consultation at Princeton Public Library: Once per quarter. 924-9529. Also Latin American Legal Defense 877-452-5333.

CORNERSTONE COMMUNITY KITCHEN - Free meal Weds. 5-6:30pm at Princeton United Methodist Church. 609-924-2613.

COUNTY NUTRITION PROGRAM— every weekday at Mt. Pisgah Church —lunch, transportation and activities. Suggested donation \$1. Call 609-921-1104 for more information.

CRISIS MINISTRY - Food pantry & emergency assistance. Nassau Presbyterian Church, Mon-Thurs, 1:30-4pm, Tues. til 7pm. Delivery to shut-ins 1x/month. 609-921-2135

CWW - Community Without Walls offers friendship and support to seniors wishing to remain in their homes, helping and being helped by new friends. Lectures, small groups, and social occasions. Call 609-921-0749.

FIFTY-FIVE PLUS - meets 1st & 3rd Thursdays, 10:00am at Jewish Center of Princeton, 435 Nassau St., to listen to & discuss a wide range of topics with prominent speakers. Does not meet in summer. Free & open to the public.

FUNERAL CONSUMERS ALLIANCE - promoting informed advance planning for funeral & memorial arrangements. (609) 924-3320. www.princetonol.com/groups/fcap

HEALTH CARE MINISTRY of PRINCETON - Health and medical transportation, food shopping and visits from staff or volunteers. (609) 921-8888.

MERCER COUNTY LEGAL SERVICES - Free legal

services to seniors in non-fee generating civil matters: powers of attorney, wills for small estates, living wills, social security, Medicare problems, consumer matters, tenants' rights and bankruptcy. Held monthly at Mercer Co. Library -Lawrence Branch. Must call 695-6249 x2411 for prescreening and appointment.

ONE TABLE CAFÉ - Free dinner at Trinity Church. 3rd Friday during school year, 6:30-8:30pm. 609-924-2277.

PAAD — Pharmaceutical Assistance to the Aged and Disabled is a state-funded program to help pay for prescription medicines and certain pharmacy items. Eligible persons pay \$5 per prescription. **SENIOR GOLD** qualifies persons with incomes up to \$10,000 above PAAD limits. Call 800-792-9745. Application assistance available at Spruce Circle, 609-252-2362.

PRINCETON HUMAN SERVICES - at Monument Hall. General assistance & food stamp outreach. 609-688-2055.

PRINCETON PUBLIC LIBRARY - Several programs for Princeton seniors, including books by mail. Call 924-9529 for info or visit www.princetonlibrary.org

REASSURANCE CONTACT — Be a volunteer or a recipient of a daily call at a prearranged time. Affiliated with CONTACT, a 24 hour crisis hotline. Call 883-2880 for information.

RIDE PROVIDE— helps seniors & visually impaired get around Mercer County & Plainsboro Twp. Also Montgomery below Rte 518. There is an annual membership fee of \$40 for an individual or \$60 for a couple. Ride fees are based on zones & cost \$8, 12, 17 or 20 per ride. Princeton is one zone. The area covered is all of Mercer Cty & Plainsboro Twp. Call 609-452-5144 between 10-2 with 2 business days notice.

SENIOR CITIZEN CLUB — Meets the last Friday of the month, starting in Sept., at 1:00pm at SPB. Membership fee. For information about joining call 609-921-0973.

SHIP — State Health Insurance Assistance Program — To schedule an appointment with a counselor for Medicare & health insurance benefits/options information, call 609-924-2098, ext. 14.

SNAP (Food stamps) - for application help see Princeton Human Services, 609-688-2055.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCATIONS HBH = Harriet Bryan House PPL = Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Computer Lab – SPB 1:00 Bridge/Mah Jongg – SPB 1:00 Five Wishes - SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 2:00 Movie – SPB 1:00 Knit Wits – SC 2:00 Men in Retirement –MH 2:00 Bridge Lessons – SPB
9:15 Aerobics – SPB 10:30 Pencil Drawing – SPB 11:30 Chair Exercise – SC 1:00 Bereavement – SPB 1:00 Happiness Project –SPB 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC 7:00 Finding Right Volunteer Opportunity - PPL	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg –SPB 1:00 Computer Lab – SPB 1:00 Blood Pressure – SC 7:00 Living w/ Purpose – PPL	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 4:30 Child. Aging Parents – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 2:00 Navigating Retire. – RWJH	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -MH 1:00 Knit Wits – SC 2:00 Bridge Lessons – SPB
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Caregivers – SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 9:00 Blood Pressure – RC 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	CLOSED <i>Good Friday</i>
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:00 Intro to iPad - SPB 10:30 Let's Talk – RC 12:00 GrandPal Lunch -SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB 4:00 Art Show Opens - SPB
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 10:30 Group Drumming-SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:00 More about iPad - SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30-3	Earlybird Aerobics 8:00am daily
28	29	30		
14	15	16	17	18
7	8	9	10	11
21	22	23	24	25



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Got Drugs?

Turn in your unused or expired
medication for safe disposal

Saturday, April 26th, 10am-2pm



The Princeton Police Department will be accepting unused or expired medications at their Witherspoon St. Headquarters.



Stop by the PSRC booth at
Communiversity

Sun. April 27th
12 - 5 pm

Communiversity is a fun street festival produced by the Arts Council and the University. It happens on Nassau & Witherspoon Streets. For info visit: www.artscouncilofPrinceton.org.